

When Sandow poses and the muscles ridge his back and knot his arms, we think we have before is the very secret of strength in those magnificent muscles. But we haven't. Starve Sansow, or, what is practically the same thing, let him be dyspeptic, and his muscle would soon fail. Strength is made from food properly digested and assimilated, and no man is stronger than his stomach, because when the stomach is diseased digestion and assimilation are imperfect.

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organs of digestion and nutrition. It enables the perfect digestion and assim-ilation of food so that the body is nour-

iliation of food so that the body is nour-ished into perfect health and strength.

"I had who! my physician called indigestion.
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later I noticed a great change. Felt like a new
man. Hefore I begun the use of the "Golden
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in atomach, my nerves second all 'ran-down,
I was very thin in fiesh, but now can cat heartly
and sleep good at night."

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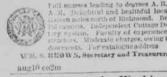
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DEMAND REFUSED.

A dispatch from Tokio says a formal demand has been made upon General Stoessel for the surrender of Port Arthur and the demand has been refused.

The commander of the army besieging Port Arthur reports that Major Yamoka, a member of his staff, was dispatched under a flag of truce to the outposts of the Russians, where he delivered to a Russian staff officer the offer of the Emperor of Japan granting the removal of noncombatants. He also demanded the surrender of Port Arthur.

General Stoessel was asked for a prompt teply, and it is reported that he has refused to comply with the demand, and has also expressed a dis-inclination to send out the noncombat-

The announcement of the Mikado's offer to allow noncombatants to leave Port Arthur, coupled with the demand for the surrender of the garrison, causes a revulsion of feeling in St. Petersburg. The original report that noncombatants would be permitted to depart before the storming opera-tions began was regarded as a humane and considerate act. The War Office is without official confirmation of the summons served upon General Stoessel, but not the slightest idea exists in military circles that he will yield, so long as food and ammunition hold out without a fight, even to protect the defenseless women and other noncombarants from the horrors of bombard-

According to news received at Chefoo yesterday the Japanese line has been drawn still closer around beleaguered Port Arthur. The right wing of the Japanese line has penetrated to the vicinity of Pigeon bay, while the center has moved forward from Paling Ching, which is south of Shushiyen and two miles north of the town. Chinese are subherity for the above cutling of the authority for the above outline of the

new Japanese positions.

Passengers on board the steamer Decima, which anchored off Port Arthur Tucsday night, witnessed the bombard-Tuesday night, witnessed the bombard-ment from Pigeon bay. The Japanese shells were visible during their whole course. They circled cometlike to the town and their explosions were marked by great splashes of fire which shot up into the sky. The bombardment from this and other points began at midnight and leaded until morning. The Rusand lasted until morning. The Russians did not reply to the Japanese fire.

Major Seaman, formerly a surgeon in the American army, was a passenger on the Decima. He says the spectacle was most brilliant and awe-inspiring. The Decima weighed anchor from Port Ar-Alexandria, Virginia, and training offices, Washington, D. C., will afford young men and women within their environs an opportunity to be instructed by practical justiness men, noted authors and experienced elucators, with the prestige of five successful colleges treaty-fig. years a varyinger as

According to the correspondent of the London Daily Telegraph at Chefoo refugees arriving there bring news of a serious condition of affairs at Port Arthur. They say that Japanese shells have ignited lighters in the docks which contained supplies of coal, resulting in a terrific conflagration. Many of the buildings have been demolished and the

hospitals are crowded. The captain and all the superior officers of the Russian cruiser Rurik, which was sunk by Vice Admiral Kami-mura, August 14, were lost. Twentythree of her officers were saved.

All the survivors were naked when captured, having stripped off their clothing before the cruiser sank.

Further interesting details of the sea battle of August 10 received at the Russian Admiralty from Captain Matousevitch, of the Czarevitch, now at Tsing-tau, show distinctly that it was a longrange fight, and that the Russians, sailing in close formation, were placed at a & Co. great disadvantage not only by the superiority of the Japanese numbers, but, owing to the fact that after encom passing Admiral Withoft in a semicircle, they were enabled to pour in a remark-ably deadly fire on the fleeing ships. Captain Matous evitch says the Japanese kept at a distance of eight and never less than five miles. The efforts of the Russians to close with the Japanese and sink some of their vessels by ramming them or by gunfire, even at the cost of themselves going to the bottom, were consequently unsuccessful. The Japanese would not permit the Russians to approach, but the rain of pro-jectiles never ceased. The 12-inch shell which glanced off the Czarewitch's forward turret and blew up the bridge, on which the late Admiral Withoft and his staff were standing, was fired at a range

at eight miles. A full classical and mathematical course taught. Also French, German, Spanish, Bookkeeping and Typewriting, Pupils have made excellent record at the University of Virginia, West Point and United States Naval Academy. A few boarders taken. The 36th session begins September 14, 1904. For catalogue giving full particulars, address address and JOHN S. BLACKBURN, augl cotsep14. Principal. of the London Times under date of August 1 sends the following: "The OTTERBURN LITHIA WATER.—This water is indicated in all affections due to Uric Acid, Diathesis, Gout, Rheumanism, Stone in the Bladder, Kidneys or Liver Bright's Disease and Kidney Diseases of very form For sale by WARFIELD & HALL, WARFIELD & HALL, THELMA SAFETY and REDUCA THELMA SAFETY and REDUCA EVERYBODY IS TALKING ABOUT THE

week, \$0:10. Tri-weekly—I year, \$3.00; 6 months, \$1.50; 3 months, \$0:75; 1 month, \$0:25. Contract advertisers will not be allowed to exceed their space unless the excess is paid for at transient rates, and under no circumstances will they be allowed to advertise other than their legitimate business in the space contracted for. Resolutions in memoriam, of thanks, tributes of respect, resolutions adopted by societies or persons, unless of public concern, will only be printed in the paper as advertisements. [Entered at the Postoffice of Alexandria, Virginia, as second-class matter.] August is known as a dull business month in Alexandria. Descite the outer region of the paper as advertisements.

pite this fact the enterprising firm known as Kaufmann Bros., located at 402 King street, near Royal, are selling Ciothing and Furnishings at cut prices, profit not considered. Here are some values that will interest Gazette readers:

Men's Office Coats, 25c. Men's Linen Pants, 49c. Men's Single Vests, 69c. Boys' Corduroy Pants, 39c. Men's Suits, nice mixtures, \$4.98, \$6.79, \$8.79. Boys' Wash Suits, 19c and 39c. Men's Pants, 98c and \$1.29.

In the Men's Furnishing Department they are selling 50c Neck-wear for 25c. 75c Shirts for 49c. \$1,25 and \$1 Shirts at 68c. \$1,50 and \$2 Shirts at 98c. Then they are offering all of their \$1,25 Pajamas, soft as silk, for 83c, and many many more bargains that space does not permit.

KAUFMANN BROS.

THE UP-TO-DATE MAN'S STORE, 402 KING STREET.

Gets \$1,500 For a Shark Bite,

Juan De La Cruz Silas Martinez, a Chilian sailor, gets \$1,500 by award of the United States Court at Savannuh, Ga. for the loss of a leg. His foot was bitten off by a shark on the South American coast and Judge Speer before whom his libel was heard, adjudged him entitled to damages. Martinez was aloft furling a sail when that part of the rigging on which he stood broke, precipitating him into the water. Simultaneously with the rescue boat, a rapacious shark reached the sailor. The shark got a foot and crew the rest of Martinez. While the bark Margharite was making her way to Sawhich he stood broke, precipitating him into the water. Simultaneously with the rescue boat, a rapacious shark reached the sailor. The shark got a foot and crew the rest of Martinez. While the bark Margharite was making her way to Savannah the wound festered and the leg had to be amputated. The Judge made the award, not upon the contention that the vessel was liable because of the tumble overboard, but because it did not put ble overboard, but because it did not put into a nearer port thereby sparing the sufferer the long voyage to Savannah.

Fine Crops. All reports go to show that Virginia will have the largest corn crop this year in her history. All crops are good and the outlook is that the year will prove to be one of the most prosperous to the farmers in a decade. Apples is the only crop on which the Virginia farmer de-pends for really money that is below the average this year. With dollar wheat an enormous corn yield and the finest oat crop in years he can well afford to be short on apples. Tobacco has grown short on apples. Tobacco has grown tremendously during the rainy spell and and is now reported to be rounding up in fine shape for cutting. August, which is the dog days of business as well as of temperature, possesses a cheerful spirit in business circles in Richmond and the consensus of opinion is in all lines, that September will develop an active business campaign.

End of Bitter Fight.

"Two physicians had a long and stubborn fight with an abcess on my right lung" writes J. F. Hughes of Du Pont, Ga., "and gave me up. Everybedy thought my time had come. As a last resort I tried Dr. King's New Discovery for Consumption. The benefit I received was striking and I was on my feet in a few days. Now I've entirely regained my health." It conquers all Coughs, Colds and Throat and Lung troubles, Guaranteed at E. S. Leadbeater & Sons, Druggist. Price 50c, and \$1.00. Trial bottles free.

Sick Headache,

"For several years my wife was monthly troubled with what physicians called proportion sick headache of a very severe character. She doctored with several eminent physicians and at a great expense, only grow worse until she was unable to do any kind of work. About a year ago she began taking Chamberlain's Stomach and Liver Tablets and today weighs more than she ever did before and is real well," says Mr. Geo. E. Wright of New London, New York. For sale by

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50 Cents.

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Wanted == Houses.

Though early in the renting sea-son, I have rented every house on my list, and I not receiving daily a large number of applications for modern houses.

Owners of real estate would do well to place their property in my hands for rent, as I give efficient service and make prompt settlements.

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LEADBEATER'S EMULSION of PURE NORWEGIAN COD LIVER OIL, combined with hypophosphites of lime and sods. Four-teen ounce bottle 50 cents. For sale by E. S. LEADBEATER & SONS. VERY FINE COLONG AND JAPAN TEAS just essived by C. MILBURN

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12le Zephyr Gingham Madras, for 6le. 15c yard wide Challis, for 67c. 124c Lawns, Voiles and Mulls, for 67c. 123c Sen Island Percales, for 7 tc. 10e White Goods, for Se.

10e and 12le All Linen Crashes, for 7le. 15c Linings, for 63c. 10e Bleached Cotton, for 64c. Se 40-inch Brown Cotton, for 6.

67c Calicoes, for 35c. 5e Heavy Brown Gotton, for 3ac. 29c Faney Silk Foulards, for 12½c. 50c Wash Silks, for 29c. 25c Summer Corsets,odd sizes, for 19c. GENERAL COMMISSION MERCHANTS

50e Short Corsets, all sizes, for 39e 19e Ladies' Gauze Lisle Hose, for 12½c. 15c Ladies' Lace Hose, for 9c. \$1.00 Kid Gloves, slightly imperfect fo

124c Dress Shields, for 5c. 25e Ruehing, 5e for ruch. 15e Shell Black Combs, for 9e. 12le Men's Fancy Socks, for 9c. Men's White Madras Shirts, for 50c. 15c Men's and Boys' Rubber Collars for

\$1.00 Ladies' Light Calico Wrappers, fo \$1.25 Ladies' Lawn Wrappers, for 89c. \$1:00 Long Kirgonas, for 79c. \$1.50 to \$2.00 Ladies' White Shirt Waists for \$1.00.

50c Ladies' Waists, for 39c. 19e Cambrie Corset Covers, for 124e. 35e Corset Covers, for 25c.

69e Muslin Gowns, for 49e. 8c Hamburg Embroideries, for 5c. 15c Swiss and Cambric Embroideries, for 25c to 39c Swiss, Nainsook and Cambrie Embroideries, for 19c.

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Men's and Women's All-silk Umbrellas, all with paragon frames, fancy handles galore, tasteful and beautiful; not one in the lot worth less than \$1.50. All go this week at 99c. 240 in the lot. Don't be too late; they will not stay here

CORSETS and BLANKETS.

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This is a rare opportunity and worthy of a second thought, as most of them are suitable for fall wear. This offer is good until September 1st. No goods charged during this sale

One Price Clothier and

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COX & GORDON MISSOURI HAMS small sizes, just received by J. C. MILBURN. VAN CAMP'S BAKED BEANS just re-ived by J. C. MILBURN.